

ABSTRACT

Background: Primary dysmenorrhea (PD) is one of the common medical problems among the adolescent girls and young women. According to modern medicine, PD is painful menstruation without any underlying pathologies. Whereas in Acupuncture PD refers to menstrual pain that occurs due to blockage or deficiency of chi, heat retention, liver, and kidney imbalance, dampness of wind. Acupuncture has good impact in case of pain and hormonal problems. Hence, acupuncture can be a good choice of intervention for PD.

Methods: A total of sixty subjects, mean aged (21.1 ± 1.81) were randomly assigned into two groups after satisfying the inclusion and exclusion criteria. Experimental group (EG, n=28, dropouts 2) and control group (CG, n=26, dropouts 4). Both groups were assessed at baseline and after 6 months with WHOQOL BREF questionnaire. With the help of VAS (Visual Analog Scale) the pain was assessed during the menstrual phase prior to the acupuncture intervention and post intervention periods on the first, second, third and after 6 months. The intervention was during the menstrual phase for 3 consecutive months. Follow up was conducted after 6 months. 28 subjects of experimental group and 26 subjects of control group completed the study successfully.

Results: The experimental group showed significant improvement in the pain (p) and quality of life in all domains (p) as compared to the control group.

Interpretation and Conclusion: TCM based acupuncture given for 3 months during the menstrual phase showed pain reduction in the consecutive follow up months and thereby it also showed improvement in the quality of life.

Key Words: Primary Dysmenorrhea, Acupuncture, TCM Acupuncture, Clinical Acupuncture, Pain management, Quality of Life.